

# Apple Tuna Sandwiches

**Makes:** 3 servings

A twist on the traditional tuna salad sandwich, this version features a corn

## Ingredients

- 1 can** tuna, packed in water (6.5 ounces, drained)
- 1** apple
- 1/4 cup** yogurt, low-fat vanilla
- 1 teaspoon** mustard
- 1 teaspoon** honey
- 6 slices** whole wheat bread
- 3** lettuce leaves

## Directions

1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread.

## Notes

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>250</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	15 mg
<b>Sodium</b>	<b>330 mg</b>
<b>Total Carbohydrate</b>	<b>35 g</b>
Dietary Fiber	5 g
Total Sugars	13 g
Added Sugars included	N/A
<b>Protein</b>	<b>23 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Learn more about:

- [Lettuce](#)
- [Apples](#)

**Source:** Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes